**Resources for Clergy Spiritual Renewal**

**Spiritual Directors:**

Spiritual Directors International

<https://www.sdicompanions.org/>

[Richmond Hill](https://www.richmondhillva.org/) and [Shalem](https://shalem.org/) would also be able to recommend spiritual directors.

Rev. Kimberly Baker-Brugman, (Shalem)

kimberlybarkerbrugman@vaumc.org

Rev. David Canada, (Shalem)

dmcanadasr@gmail.com

Rev. Kiok Cho (Shalem)

kiokcho@vaumc.org

Joy Crawford, Spiritual Director, (Shalem)

jcrawford418@gmail.com

Tracy DePue, Spiritual Director (Perkins/SMU)

<https://tracydepue.com/>

Inside Out Spiritual Living

501-944-3266

Rev. John Hall, (Richmond Hill)

johnhall@vaumc.org

Rev. Tom Frost
[tomfrost@vaumc.org](file:///C%3A%5CUsers%5C15407%5CDownloads%5Ctomfrost%40vaumc.org)

Rev. Shirley Larson, Spiritual Director

parsonlarson3@gmail.com

540-552-8260

listed on Spiritual Directors International

Submitted by Leigh Anne Taylor

Rev. Bruce Lugn, (Shalem)

brucelugn@vaumc.org

Rev. Lisa McGehee - Clergy (Richmond Hill)

804.270.7613 - prefer my cell number to be used 804.400.6171

LisaMcGehee@vaumc.org

Dawn Peck, (Shalem)

dhpeck@hotmail.com

Rev. Janet P. Salbert, Spiritual Direction (Shalem)

jsalbert@umcgrace.org

Put out into the Deep

[www.janetsalbert.com](http://www.janetsalbert.com/)

Cynthia Schmit

cynthia@sacredspaceforthesoul.org

<http://www.sacredspaceforthesoul.org/index.html>

Spiritual Formation/Leadership Development Opportunity **T**he Spiritual Leadership Generator

<https://www.spiritual-leadership.org/leadershipgenerator/>.

The Thriving Small Church Generator
<https://www.spiritual-leadership.org/accelerator-abide/>

**Retreat Centers:**

[Find the Divine](https://findthedivine.com/) is a resource of worldwide retreat centers. The website has retreat centers to purchase but also a list of retreat events.

Benedictine Sisters of VA in Bristow, [https://osbva.org](https://osbva.org/)

Friday morning offerings, beautiful outdoor labyrinth, also spiritual guidance is offered

Bon Secours, [https://rccbonsecours.com](https://rccbonsecours.com/)

Beautiful setting, labyrinth and availability for worship and spiritual guidance

Washington National Cathedral, [https://cathedral.org](https://cathedral.org/)

online morning and evening worship, check their calendar for retreat days

Shalem Institute, [https://shalem.org](https://shalem.org/)

Many online offerings, and programs for clergy and spiritual directors

Richmond Hill, [https://www.richmondhillva.org](https://www.richmondhillva.org/)

Excellent seasonal offerings and spiritual guidance

Sacred Heart Monastery, Cullman AL

<https://www.shmon.org/>

St Francis Springs Retreat Center, Stoneville, NC.

<http://www.stfrancissprings.com/>

I highly recommend them.

Holy Cross Monastery, West Park NY

<https://holycrossmonastery.com/>

Center for Courage and Renewal

<http://www.couragerenewal.org/clergy/>

Wonderful retreats and resources for clergy

**Programs:**

Shalem, Going Deeper: Clergy Spiritual Life and Leadership

<https://shalem.org/programs/longterm/going-deeper/>

Submitted by Tammy Estep

Shalem: Heart Longings

<https://shalem.org/heart-longings-an-invitation-to-the-contemplative-path/>

I led a session for them this month on The Beloved Community.

Submitted by Audrey Smith

Neighborhood Seminary, [https://neighborhoodseminary.novaumc.org](https://neighborhoodseminary.novaumc.org/)

 NS is a program designed to help laity come alongside the activity of God in the Neighborhood. Clergy should know about this program for leadership development. There are three components to the program, Theology, missional engagement and spiritual formation. It is led by Elaine Heath, Lynne Caldwell and myself (Janet Salbert) in NoVA. Each participant works with a spiritual director in a small group setting.

Submitted by Janet Salbert

Center for Action and Contemplation, Father Richard Rohr

<https://cac.org/?gclid=Cj0KCQiA962BBhCzARIsAIpWEL24ilrFPotYnGPfF7cuPIlnYzh8C06boVfW5en2oeTO2uayWWDwNrgaAi75EALw_wcB>

Daily Devotions

Podcasts: Another Name for Everything, Turning to the Mystics, Learning How to See

Events/Online Learning experiences

The Living School

Institute for Conscious Being, Dr. Joseph Howell

<https://www.instituteforconsciousbeing.org/>

Studies the Enneagram as a tool for spiritual transformation.

Podcast: The Real Enneagram

Daily Devotions

Events/Online Learning Experiences

Masters and Scholars Certification

Book: Becoming Conscious: The Enneagram’s Forgotten Passageway

**Books:**

Soul Reset, Junius Dodson

We Pray with Her: Encouragement for All Women Who Lead

This book provides prayers and stories from women for women. This book has been helpful in encouraging me and reminding me I am not alone in my struggles as a female pastor.

Courageous Spirit: Voices from Women in Ministry

This book celebrates 50 years of full clergy rights for women. The book includes liturgy, prayers and stories to encourage women in pastoral ministry. This book provides nourishment in my ministry and spiritual renewal in ways no other book has been able to do.

Decision Making and Spiritual Discernment by Nancy Bieber

The Mindful Self-Compassion Workbook by Kristin Neff and Christopher Germer

Richard Rohr: Falling Upward, Everything Belongs and Breathing Under Water

Gerald May: Addiction and Grace, Will and Spirit

Ann and Barry Ulanov: Primary Speech

Martin Laird: Into the Silent Land, A Sunlit Absence

Submitted by Janet Salbert

*The Way of the Heart* by Henri Nouwen - I discovered this five years ago. I think it should be required reading for all clergy.

Anything by Henri Nouwen

*Invitation to Silence and Solitude* by Ruth Haley Barton

*Strengthing the Soul of Your Leadership* by Ruth Haley Barton

Anything by Christine Valters Paintner - especially for the creative souls or those who desire more creativity

Orbiting the Giant Hairball, Gordon MacKenzie.

This really helped me at a crossroads of my ministry and it is a great easy book BUT although it is not "religious" it has religious and CHURCH structure implications.

**Practices:**

Prayer beads

I Prayer Works Studio (<http://www.kristenevincent.com/>) and any of Kristen E. Vincent’s books on praying the prayer beads. This is a great resource that you can do virtually. Several clergy friends and I ordered prayer beads to our homes during the pandemic and made them together over zoom. I have found the prayer beads vital in my spiritual disciplines this year and the prayer bead books give me guidance.

Submitted by Stephanie Parker

Centering Prayer

<https://www.contemplativeoutreach.org/centering-prayer-method/>

<http://www.centeringprayer.com/>

Zoom centering prayer group

Zoom centering prayer group was the one who helped me survive during this pandemic. I have met with two different zoom centering prayer groups every day - in the morning and in the evening. It was so powerful! The evening group was made with my colleagues as I was so impressed with the power of the morning group.

(morning group through private work with Shalem, night group through friends)

Submitted by Mikang Kim

Exploring Labyrinth

The [Labyrinth Society](https://labyrinthlocator.com/home) has a list of worldwide labyrinths

Rev. Lisa McGehee (804.270.7613, LisaMcGehee@vaumc.org) is a trained labyrinth facilitator through [Veriditas](https://www.veriditas.org/) and can help people set up labyrinths.

Covenant Group

Clergy, lay and eccumenical but instead of separating, maybe finding a way to incorporate them. The vulnerability and open spirit may just make it meaningful and bless all who delve in deep.

Submitted by Debbie Cali

**Apps for Phone:**

Pray as You Go

Headspace

Everyday Sanctuary

Daily Prayer

Insight Timer

Inner Balance

**Events:**

District-wide retreat opportunities online (aspirational)

While I have zoom fatigue, my soul is craving sabbath and self-care like never before. Can we record or do a live retreat for clergy persons and laity on each district to create sacred space and help our clergy who are close to burn out?

Submitted by Stephanie Parker

5 Day Academy for Spiritual Formation

<https://virginiafivedayacademy.org/>

Kindred Project

<https://www.kindredprojectva.com/>

Find a Local Gathering: <https://www.kindredprojectva.com/find-a-local-gathering.html>

Spring 2021, Kindred is meeting via Zoom. David Canada (dmcanadasr@gmail.com) can help people connect to local groups. The Richmond-based group meets every Tuesday from 8:15-9:30 a.m. We have people from various states and countries who are participating.

**What is keeping your Soul Alive?** (Crowdsourcing on Facebook through three UM groups)

Music, predominantly gospel

sitting silently every morning after devotions outside

2 minutes deep breathing meditation during the day helps me reset

visiting various services, as many as 5 on any given Sunday

making bread

headspace app

a Disciple’s Journal every morning

Pray as You Go app

journaling

keeping in touch with clergy friends

writing music

painting rocks

turning off the news

meditation

walking

playing piano

working with wellness coach - @sarahelisabethhealth, based out of the UK

prepping for two bible studies

Light Therapy Lamp ; [https://www.amazon.com/Light-Therapy-Miroco-Bright-White/dp/B07PJWVC9S/ref=sr\_1\_3\_sspa?dchild=1&keywords=light%20therapy%20lamp&qid=1613073207&sr=8-3-spons&psc=1&smid=AJNHFCOCV76XI&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEyM05FRkFGMkZHQkYyJmVuY3J5cHRlZElkPUEwMDgwOTc4MlNUQlhJUElGQTNDSCZlbmNyeXB0ZWRBZElkPUEwMzk2MzU0MjlXMFI3TU1JWVJVTyZ3aWRnZXROYW1lPXNwX2F0ZiZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU%3D&fbclid=IwAR28hBgkY29QoBCFCmu-y5CIl6WqKsVJQXurJJu-00lCdHO79ymIuH14H80](https://www.amazon.com/Light-Therapy-Miroco-Bright-White/dp/B07PJWVC9S/ref%3Dsr_1_3_sspa?dchild=1&keywords=light%20therapy%20lamp&qid=1613073207&sr=8-3-spons&psc=1&smid=AJNHFCOCV76XI&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEyM05FRkFGMkZHQkYyJmVuY3J5cHRlZElkPUEwMDgwOTc4MlNUQlhJUElGQTNDSCZlbmNyeXB0ZWRBZElkPUEwMzk2MzU0MjlXMFI3TU1JWVJVTyZ3aWRnZXROYW1lPXNwX2F0ZiZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU%3D&fbclid=IwAR28hBgkY29QoBCFCmu-y5CIl6WqKsVJQXurJJu-00lCdHO79ymIuH14H80)

storytelling

volunteer reader for sight impaired

romps in the snow with 3 year old granddaughter

read mysteries

play in the dirt

vegan cooking

reading fiction unrelated to work

setting alarms on my phone to trigger me to do some breath work once an hour

knitting

netflix

talking to my chickens

knitting

reading

seeking prayer closet

avoid watching senate hearings

sweating - intentional sweating

family leave

watching the stars, sunrises, sunset,

clergy health program on mindfulness meditation

skating

singing hymns

cooking huge pots of soups and yummy things, freezing to take out and remember

Oswald Chambers

weekly sabbath

monthly visits with spiritual director

plenty of walks

sleep

novels

preparing winter stews

doing deeds of kindness for others

taking the new dog for walks

day off to sleep and rest and care for husband

equine therapy

yoga

daily yoga

reading british mysteries by women

Celtic prayers

watching tiny desk concert on NPR every day

doodling

praying through lent with drawing: <https://joyfuljoan1955.blogspot.com/2021/02/preparing-for-lent.html?fbclid=IwAR1IwvjfX2TUcgXXRvjqOQ3PaIMxdI6rvGPkc-1oH6oFh0XtwQpq-ZMGv_k>

attending compline services online

starting seminary

spiritual therapy in preparing videos for church

pulled out instruments from my past - cello flute

teaching Spanish

daily prayer

finishing work by 5 p.m. for an early relaxing evening as often as possible

sharing devotional materials with church members

drive in the country

sit in the backyard and watch birds

scripture writing each day and journaling

illustrating each week’s prayer fo rIntercession feeds my soul

Centering Prayer in the morning, exercise, examen at night

breathwork each morning followed by yoga

centering prayer in the afternoon

art work when I’m about to go nuts

daily lunch walks

watching a show with my husband before I cook dinner

early morning time with God

morning devotions and ending the day with Bible reading and devotion

Bible study with sisters